

# UNDERSTANDING IMPOSTER SYNDROME

Recognizing and overcoming feelings of self-doubt



# INTRODUCTION

# **UNDERSTANDING THE FEELING OF BEING A FRAUD**



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## **Definition of Imposter Syndrome**

Imposter syndrome is feeling less competent than others perceive despite clear success and achievements.

## **Common Among High Achievers**

High achievers often struggle to internalize success, attributing achievements to luck or external factors.

## **Universal Impact**

Imposter syndrome affects people regardless of social status, work background, or skill level.

## **Path to Overcoming**

Understanding imposter syndrome is the first step toward healthier self-image and confidence.

# CORE ASPECTS



# DEFINITION AND CHARACTERISTICS

## Imposter Syndrome Defined As

Imposter Syndrome involves persistent doubt about accomplishments and fear of being exposed as a fraud.

## Key Characteristics

Chronic self-doubt, intellectual fraudulence feelings, and inability to internalize success define imposter syndrome.

## Emotional Impact

Imposter Syndrome causes anxiety, stress, and reluctance to take on new challenges.

# COMMON CAUSES

## Perfectionism

Setting unrealistically high standards can lead to feelings of inadequacy when expectations are not met.

## Family Expectations

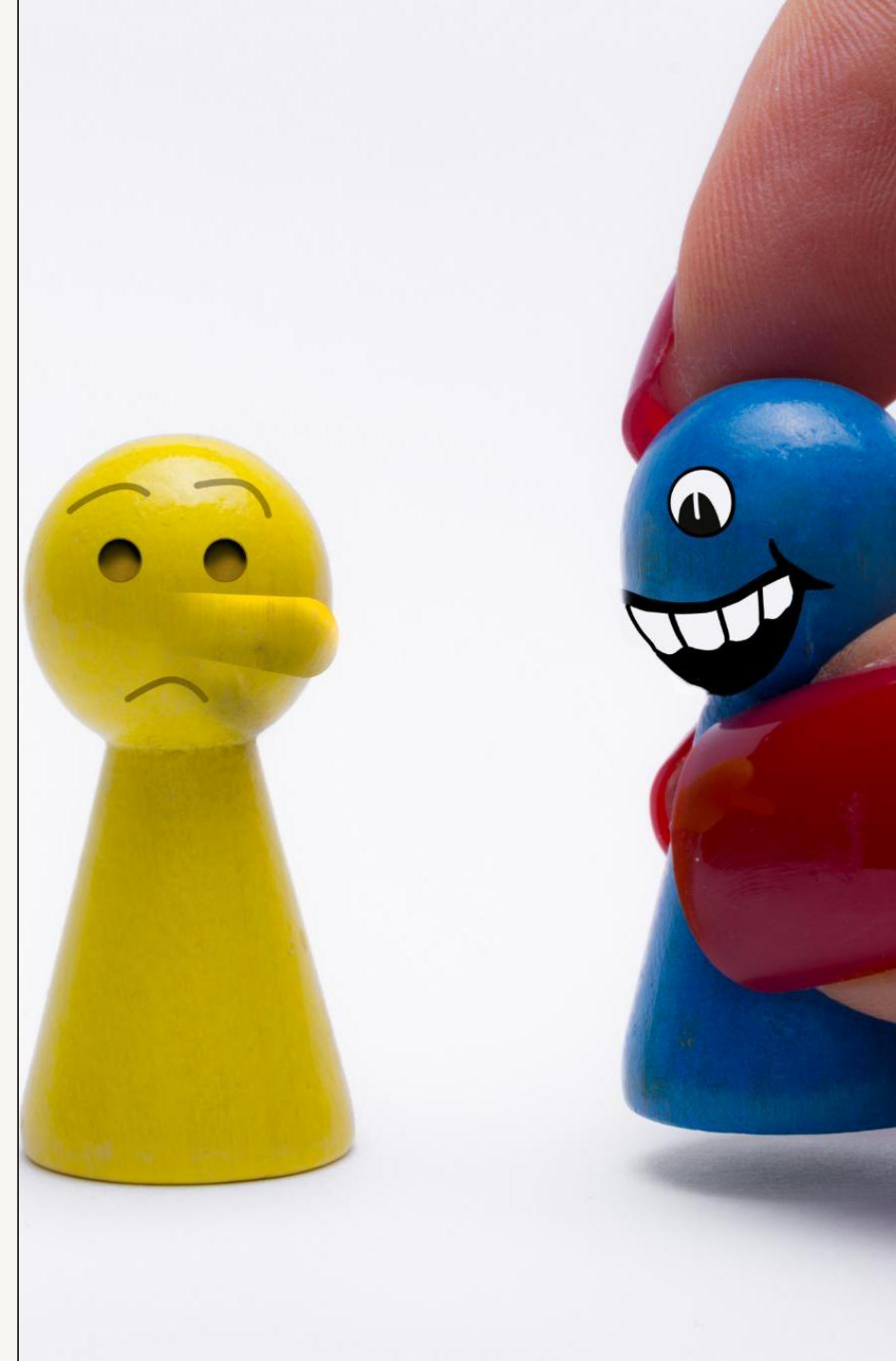
Upbringing with heavy emphasis on success can contribute to imposter feelings and pressure.

## New Roles and Challenges

Facing unfamiliar tasks or roles can trigger feelings of unpreparedness and fraudulence.

## Social Comparison

Constantly comparing oneself to others can increase self-doubt in competitive environments.



# RECOGNIZING

# SYMPTOMS AND INDICATORS

## Persistent Self-Doubt

Individuals experience ongoing self-doubt that undermines their confidence and achievements.

## Fear of Exposure

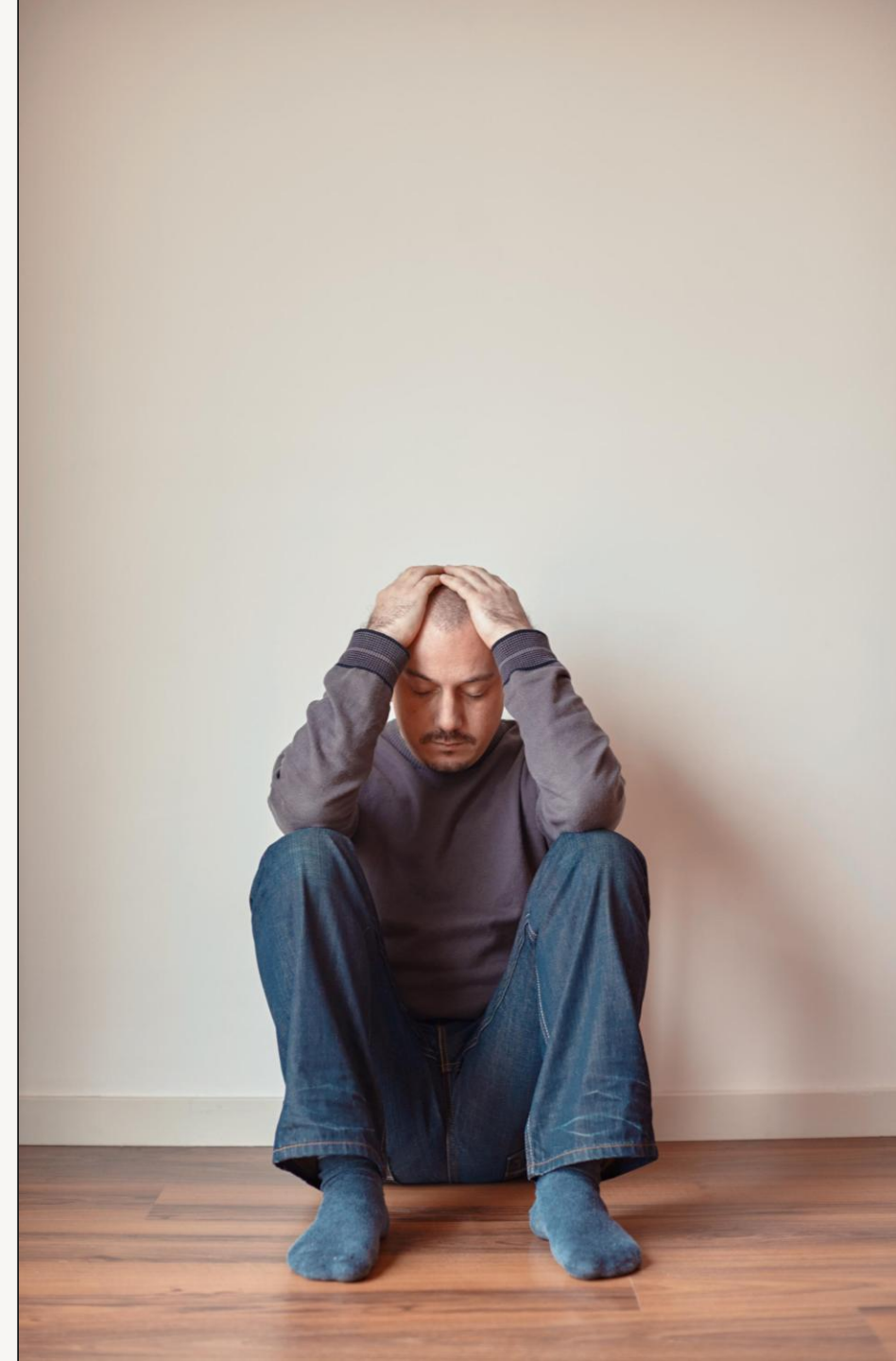
There is a constant fear of being exposed as a fraud despite evident success.

## Overachieving and Underachieving

Some individuals overcompensate by overachieving, while others underperform to avoid failure.

## Impact on Well-being

These symptoms cause stress and lower self-confidence, making accomplishment recognition difficult.





# IMPACT



# EFFECTS ON MENTAL HEALTH AND PERFORMANCE

## Increased Stress and Anxiety

Imposter Syndrome leads to constant worry about being exposed, causing heightened stress and anxiety levels.

## Risk of Burnout

Overworking to prove worth can result in burnout, damaging mental and physical health.

## Decreased Self-Confidence

The syndrome lowers self-confidence, making it harder to pursue new opportunities and take risks.

## Avoidance of Challenges

Fear of failure or judgment causes some individuals to avoid challenges, limiting growth and advancement.

# MANAGING

# COPING STRATEGIES



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## Acknowledging Feelings

The first step is to acknowledge and accept feelings of imposter syndrome instead of suppressing them.

## Seeking Support

Talking to mentors, peers, or trusted individuals provides perspective and reassurance.

## Celebrating Achievements

Recognizing and celebrating small achievements reinforces competence and self-worth.

## Practicing Self-Compassion

Treating oneself with kindness and understanding fosters a positive self-image.



# TIPS FOR OVERCOMING IMPOSTER SYNDROME

## Track Your Accomplishments

Keeping a record of achievements helps remind you of your strengths and progress over time.

## Set Realistic Goals

Establish achievable goals to manage expectations and reduce the pressure to be perfect.

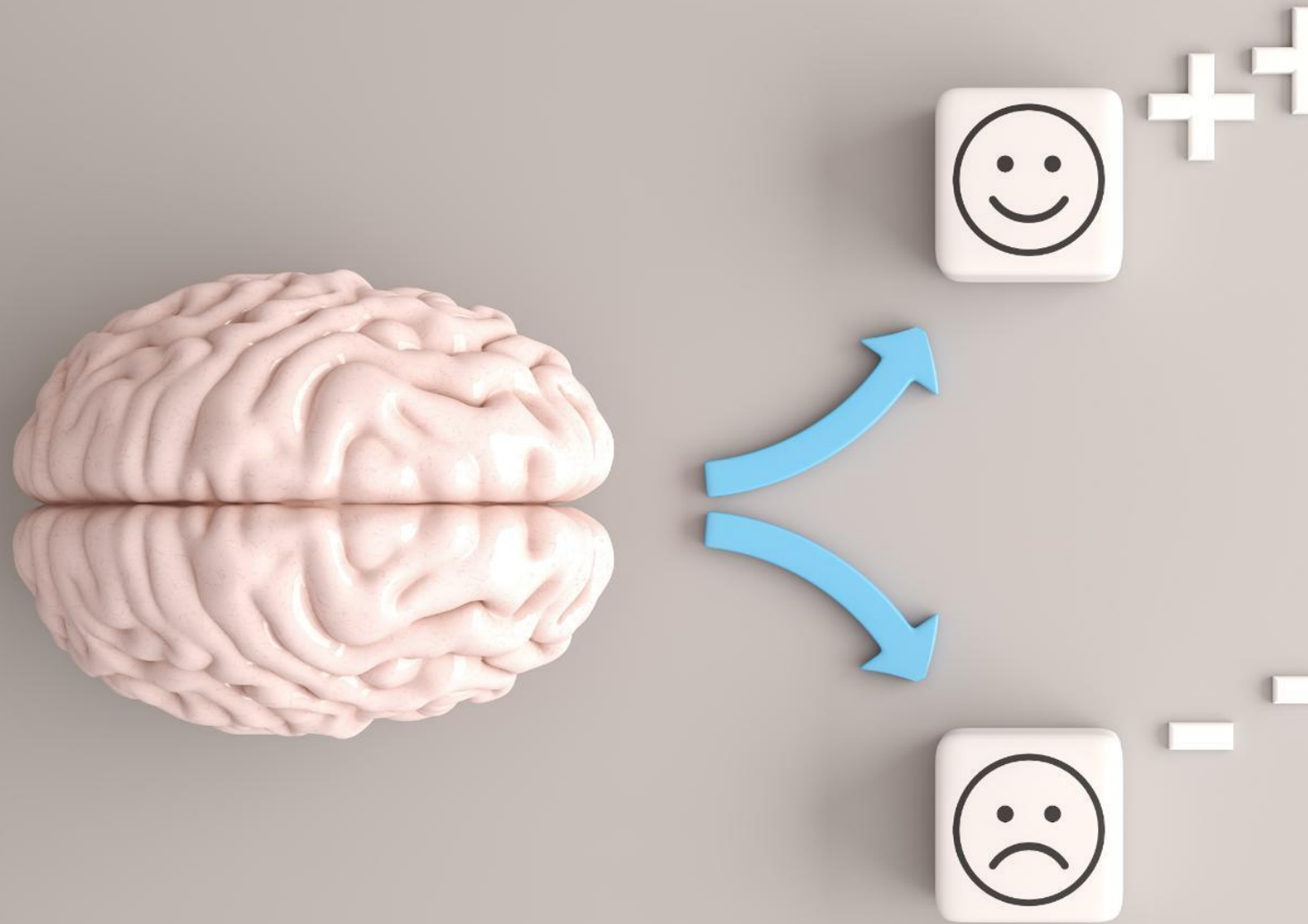
## Avoid Comparisons

Focus on your unique journey instead of comparing yourself to others to boost self-confidence.

## Seek Professional Support

Therapy or counseling can provide valuable insights and support in overcoming imposter syndrome.

# CONCLUSION



# KEY TAKEAWAYS AND ENCOURAGEMENT

## Understanding Imposter Syndrome

Imposter syndrome involves self-doubt and fear of exposure despite evident success. Awareness is the first step to management.

## Managing and Overcoming

Using coping strategies and seeking support helps individuals overcome imposter feelings and build a healthier self-image.

## Empowerment and Growth

Encouragement and awareness empower people to embrace achievements and pursue personal and professional growth.

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**THANK YOU**